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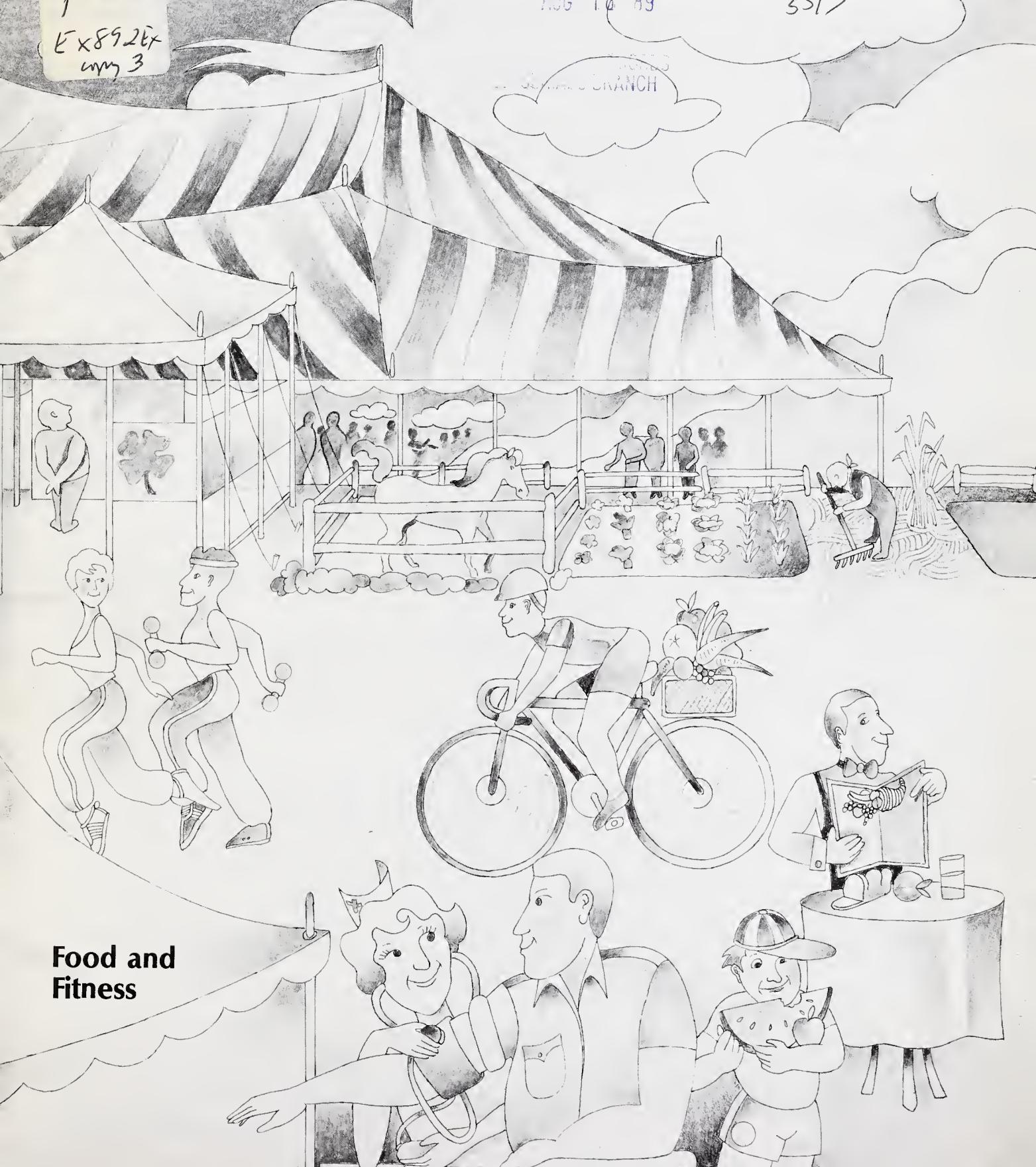
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Food and Fitness

Happy Golden Anniversary . . . NAEHE!

The National Association of Extension Home Economists celebrates a half-century of professional growth and achievement.

Charlotte Young
President
National Association of Extension Home
Economists
Cedar Rapids, Iowa

The National Association of Extension Home Economists is celebrating its 50th anniversary in New York City, September 10 to 13, 1984, with the theme—"Reflect and Reach Out." The program will focus on building upon strengths of the past, linking research to reality, and utilizing new educational methodology. More than 1,800 members, guests, and exhibitors are expected to attend.

Fifty years ago, at the first national meeting on June 27, 1934, in New York City, 41 people attended representing 13 states. Back in those days the organization was known as The Home Demonstration Agents National Association with dues of 25 cents per member. In 1964 our name became the National Association of Extension Home Economists.

Today, NAEHE has 3,600 active members, 95 associate members, and 300 honorary members throughout the United States, Guam, Puerto Rico, and East Carolina Island. The purpose of NAEHE is to promote professional growth and development by:

- providing for and recognizing leadership and achievement;
- awarding financial support for professional study; and
- exchanging ideas on effective educational programming.

Awards and Honors

In 1984, 43 home economists-teams will receive \$21,550 in awards for professional

improvement and program achievement. Another 85 home economists will be honored for their leadership and distinguished service in Extension programming. Some special projects for our 50th year are:

- **"Reach Out" projects.** Members give their time, beyond job responsibilities, to special community programs and projects. Total involvement across the country will be calculated and reported at the national meeting.
- **The 50th Anniversary Research Project.** After a survey of members for their perceptions of the major concerns of families in the '80's, findings will be reported at the Press Conference preceding the national meeting. Reporters from all facets of the media will be invited, not only to hear the results, but to better understand the role of Extension home economics educators and observe unique and innovative programming efforts.
- **The Special 50th Award Fund Promotion.** Last year, the NAEHE Board made a commitment to raise \$50,000 from members and friends of Extension in recognition of our 50th anniversary. Interest accrued from the \$50,000 will be used to expand and enhance the NAEHE professional improvement program.
- **The first annual NAEHE leadership forum on public policy,** March 3-6, 1985, in Washington, D.C. State presidents will be invited to a workshop on understanding the national public policy decisionmaking process, analyzing public issues, and implementing public policy education programs in local communities.

Trailblazers

Extension home economists have indeed been trail-blazers and pioneers for the past 50 years. They're the "movers" and "shakers" that make things happen! They also represent the link between academic

scholars, research, and field practitioners. They are future oriented. They are always on the firing line, managing the planned and unplanned programs. They initiate action and involvement in others. They help people help themselves!

Extension home economists today do not make mattresses or dress forms as they did 50 years ago, nor do they use feedsacks for clothing construction. We aren't "stewers" and "stitchers" in the 80's! In 3,000 counties across the country, as Extension home economists we work our hearts out to upgrade the well-being of individuals and families.

We are involved with radio, TV, newspapers, and newsletters. We work with the elderly, the young, and the disadvantaged; counsel the family with money problems; and help people start home businesses. Extension home economists camp out with teenagers at diet camps. We design and run computer programs, conduct food purchase research, and evaluate efficient furnaces.

Achievement

Extension home economists are creative and ingenious and our drive and initiative goes far beyond financial compensation. However, there is a special satisfaction from hearing clientele say, "Thanks, I needed that!"

This quote was written with Extension home economists in mind: "Don't follow where the path may lead, but go instead, where there is no path and leave a trail!"

I am very proud of all Extension home economists across the country for their educational contributions and expertise. I'm also proud of the rich heritage, the esprit de corps, and inspiration provided by our professional organization, the National Association of Extension Home Economists, over the past 50 years.

May the next 50 years be as productive, beneficial, and successful!

extension review

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The Alaskan Television 'Taste Test'

Kathy Kollodge
Extension Editorial Specialist
and
Marguerite Stetson
Extension Nutrition Specialist
USDA & Sea Grant Cooperating
University of Alaska, Fairbanks

Alaskans are being put to the "taste test" by the Cooperative Extension Service this year via a new television series on nutrition and health, called "Taste."

Based on the dietary guidelines developed by USDA and other agencies, the eight 30-minute television programs stress the particular problems Alaskans may encounter in following each guideline.

The series exemplifies the unique way in which Extension delivers informal education by cooperating with federal and state governments and the University of Alaska, as well as a large number of volunteers to extend current, relevant information to the people of Alaska.

The series was partially funded under the Continuing Education Project

Grant Program of the Alaska Commission on Postsecondary Education. KUAC-TV, Fairbanks, the public broadcasting station for interior Alaska, provided production support.

Concept and Format

The original concept for "Taste" came from an Extension employee, Kathy Kollodge, who was taking an Advanced Television Production class through the University of Alaska-Fairbanks Journalism Department. The class produced a pilot program with assistance from Marguerite Stetson, Extension Nutrition Specialist. Pleased with results, KUAC-TV expressed an interest in broadcasting a series.

Program production was in a magazine-style format with all segments videotaped on location. Each show features a cooking segment with well-known Alaskans

preparing favorite dishes using the dietary guidelines. One featured cook is U.S. Senator Ted Stevens, offering his recipes for bouillabaisse and beer bread.

The program also features discussions about health and nutrition with experts in the field, including Joan Pelto, nutritionist, Alaska Department of Health and Social Services; Betsy Nobmann, chief nutritionist, Alaska Area Native Health Service; and medical specialists in the Fairbanks area.

Active Participation

In one segment—MISSION NUTRITION—a detective examines food labels in a grocery store. She receives her assignment each week at a telephone booth. A voice says, "Your mission, if you choose to accept it, is to stake out a grocery store... find out what's wrong with the foods people are eating..." With that, she enters the store to observe what people are buying and examines the labels with her magnifying glass. What she finds is that people need to change some of their buying habits and that they need education in order to do this.

Each show has a commercial for ordinary, good foods—like potatoes, oranges, and brown rice; special recipes and publications are also offered.

Over 80 people volunteered their time to the "Taste" series, including expert guests from state and federal agencies and private practice; cooks from all walks of life, and "extras" from the community and the Fairbanks Drama Association. Many local businesses donated the use of their "location" and their merchandise. In addition, many of the Extension staff at Fairbanks participated as "extras," an added benefit of increased interest and understanding of the shows.





Top: Strength through better nutrition! That's what young Wayne Horine demonstrates by flexing his muscles on the first of the eight "Taste" TV programs on nutrition and health developed by Extension. Bottom: A detective scrutinizes liquor bottles to determine their alcohol content in the seventh episode of the "Taste" TV series, "Mission Nutrition."

The "Taste" series began broadcasting to public TV stations and networks across the state in March 1984. Extension will also use the set of videotapes extensively in the next 3 years in workshops and educational meetings. The show videotapes are also available for loan.

Evaluation Methods

Built into this project are some innovative evaluation methods. Several rural stores are assisting in evaluating the effectiveness of the project. They have been sent posters and an-

nouncements of the program showings on Learn/Alaska schedule. Learn/Alaska is a satellite television system funded by the state of Alaska and transmitted to many rural communities within the state. To encourage greater program participation, local storekeepers receive free aprons imprinted with the Dietary Guidelines. The apron is also offered for sale during the last show of the series.

Because of the reluctance of many rural Alaskans to write or phone for

further information, the free recipes offered on the "Taste" series are also provided to storekeepers as handouts. Storekeepers are asked to let Extension know how many handouts are picked up and any response that they hear about the shows by completing a small postcard. They can also call collect for additional materials.

In several locations with small audiences, including Cooperative Extension Service staff, we have conducted pre- and post-tests on individual shows from the series.

Gains In Knowledge

The knowledge increase based on these measures has proven to be significant—up to 50 percent knowledge gain. The show addressing the guideline: Eat Foods with Adequate Starch and Fiber, showed real gain of new information. The subtle repetition from a medical doctor, the nutritionist, and the detective in *Mission: Nutrition*, insured that the message about fiber and its importance in the diet was understood. Viewers also picked up the underlying message that Alaskans, and Americans in general, should reduce their consumption of refined foods.

Extension district offices throughout the states also cooperated in the project. For the first time in Alaska, Extension has designed and implemented statewide a major educational effort in nutrition education. This package includes the videos, recipe handouts, aprons, broadcast schedules, news releases that advertise and/or support the videos, black-and-white photos, paid publications that the public can order, and evaluation methods. The evaluation methods include the informal responses from storekeepers, the pre- and post-assessments of small groups, and a tally of all requests generated from the shows. □



U.S. Senator Ted Stevens of Alaska cooks his nutritional specialty, bouillabaisse, on the third "Taste" TV program, "Avoid Too Much Fat, Saturated Fat, and Cholesterol."

Fish Wastes: Low-Cost Feed for Livestock?

Joe Cone
Science Writer
Sea Grant College Program
Oregon State University, Corvallis

Turning fish wastes into feed could prove to be a new source of low cost local food supply for livestock producers. An enterprising farmer, on the move from eastern Montana to the Oregon coast, is demonstrating this by feeding his hogs wastes from the local fisheries plant. The farmer, Lorin Dixson of Bandon, Oregon, calls his project, "a prime example of matching up local resources with needs."

Dixson was having problems with his idea for feeding fish wastes to hogs. He was using a process that ground the wastes and mixed them with formic acid to stabilize them. "I used a process I found in a magazine and everything worked right by the book," he says, "except the hogs wouldn't eat it!"

That's when Dixson called for advice from the Coos County agricultural agent of the Oregon State University Extension Service. The agent, Lynn Cannon, knew about some research being done by Richard Kellems of OSU. The Sea Grant researcher has been perfecting an innovative process for converting fish waste into a liquid protein supplement. Cannon brought the two together recently for a field trial; Bandon Fisheries supplied several hundred pounds of fish carcasses.

In Kellems' process, the solid fish wastes are mixed with an enzyme in a large vat. Steam is injected, and the heat breaks the fish down into a coarse liquid. Then the liquid is stabilized with phosphoric acid, and preservatives are added.

Trial Run

Dixson and Kellems worked side by side during the trial run at Bandon fish plant, taking turns operating the machine. The hog farmer said he was "pretty happy" when the afternoon's

work netted about 100 gallons of fish soup. More importantly, Dixson's 100 hogs ate the soup right up. "They liked it hot real well," the farmer observes, though there wasn't enough left over for further taste comparisons.

Now Dixson is hoping to repeat the taste tests with his brood stock over a period of several months. An agreement between Bandon Fisheries,

OSU's Kellems, Dixson and the West Coast Fisheries Development Foundation, based in Portland, is currently being hammered out to develop a demonstration project.

Worthwhile Effort

Dixson believes strongly that such an effort is worthwhile. "You're talking about \$70 per ton for the fish liquid, which is about 20 percent dry matter." The cost per pound of protein shows the fish waste to be about 25 percent less expensive than soybean meal—about 30 cents per pound for the fish protein versus 40 cents per pound for soybeans.

On the Oregon coast, raising hogs is a marginal business. A hog farmer has to compete with hogs raised on soybeans in Iowa, but those soybeans in Oregon cost considerably more because of shipping. Approximately \$70 of the \$375-per-ton retail cost of soybean meal delivered at Coos Bay is freight expense.

Process May Prove Beneficial

Researcher Kellems is optimistic that a demonstration project could prove many benefits. "Fish processors ought to benefit by recovering a portion of their costs that they would have to incur to get rid of their wastes. And livestock producers will benefit from the lower cost of their feed sources," he says.

Dixson thinks that he could add to his herd if the liquified fish feed continues to prove palatable to the hogs and the supply is steady.

Beyond these, Kellems sees an ultimate beneficiary. "The consumer will actually get the final benefit by paying less for a finished product, grown here in Oregon, that uses local resources to advantage." □



Formula = Learning + Fun

Mark Claesgens
Extension Information Specialist
Washington State University, Pullman

Youngsters in Pasco, Washington, are learning about food and fitness in a new way, and enjoying it.

About 50 youth attended the second annual "Fitness Formula" workshop in early April where they were led through a nonstop series of health-related activities. The 3-day event for low-income youth, ages 8 to 11, was sponsored by a Washington State 4-H Foundation grant.

New Approach

Washington Extension agent Holly Berry and Carolyn Olson-Beck created the workshop and obtained the grant. They used a different approach from other youth-related programs by involving 4-H Ambassadors and teen leaders.



This new approach gave these teen 4-H leaders practical experience in addition to their leadership training. Berry and Olson-Beck also sought the help, energy, and stamina these young adults could bring to the workshop. A new group of at least four ambassadors or teen leaders participated each day.

Not wanting to "reinvent the wheel," the agents contacted the Salvation Army for assistance in recruiting children for the program.

Because the workshop was scheduled to be held during a week-long spring break from school, "Fitness Formula" became an additional and worthwhile alternative for that leisure-time period. Not only did the Salvation Army recruit the children, but they provided bus transportation to and from the sessions. The workshop also coincided with the U.S. Department of Agriculture's current attention to food and fitness.

Formula Is Real Equation

What is the "Fitness Formula"? The two agents use the term to describe this equation: "Proper nutrition + Proper exercise = Good health." In application, though, the workshop was much more than a series of lessons on vitamins.

For example, youngsters practiced sensory deprivation exercises. They experienced the relationships among the senses and how other faculties have to take over when one is missing.

Exercise for the Senses

Blindfolded, they attempted to pour water from a pitcher and fill a cup. Listening to a tape recorder, the children tried to identify familiar and unusual sounds. Reaching into a box, they had to identify objects by feel alone. By taste and smell alone, they had to identify foods.

Health professionals also instructed the children. Kids practiced brushing their teeth, flossing, and taking their own temperatures. One health professional took everyone's blood pressure—a fascinating new activity for most of the youngsters.

Another activity with a high interest level was "clone art," an activity in which the children made life-size models of themselves to enhance their self-image. First, they outlined their bodies on double layers of paper, and then painted clothes and faces on with watercolors. The leaders completed the "clones" by stapling the layers together, stuffing them with newspaper, and then hanging them up for viewing.



Participants made nutritious snacks, watched health-care movies, played games, and exercised.

Noise often reached ear-piercing levels, and group dynamics changed from day to day. The quiet group one day was the noisy one the next and vice versa. Many who came with apprehension, later expressed desire to return. The break dancers established their sovereignty the opening day and then settled down to work. The 4-H leaders gained first-hand skills learning when to be patient, when to scold, when to comfort, and when to encourage play.

Workshop Goals

Out of this 3-day whirl of activities, Agents Berry and Olson-Beck did not expect long-term learning from the

children, but an ability to demonstrate fitness habits.

"Long-term learning is not the goal," Olson-Beck says. "We don't know how much of this will last, but what we can measure now is their ability to demonstrate these health practices."

New and Improved

The major change from the first Fitness Formula, the agent said, was the involvement of the 4-H Ambassadors and teen leaders. For this year's program, the agents began by recruiting the 4-H'ers over a 2-month period, selecting projects, and training the leaders. Next the leaders practiced their activities at 4-H club meetings. With this method, everyone involved not only gained a sense

of timing, but also a preview from other youth on which activities would be more popular and effective.

Another significant improvement, according to the agents, was dividing the children into groups of four to six and rotating those groups from station to station at specific time intervals. By contrast, all the participants were a single group the previous year, and the activities were not as effective.

Positive feedback from the youngsters, the agents, and the 4-H'ers indicates that Fitness Formula will become a regular spring break event for the low-income youth of Pasco. □



WVMR— Where Volunteers Make Radio

Betty Rae Weiford
Extension Home Economist
and
Bob Keller
Extension County Agent
West Virginia University

West Virginia Mountain Radio (WVMR)—“the only radio station in the world that belongs to you”—has special meaning to the many volunteers who make nonprofit community radio possible in Pocahontas County.

The \$50,000 annual budget needed to operate the station comes from listeners, business underwriting, clubs and organizations. A station manager, a news and public affairs director, and a part-time operations director/part-time school teacher are the total employed staff of WVMR.

On-the-job training opportunities arranged through the Green Thumb Program, Veterans Administration, Vocational Rehabilitation, and the Governor's summer youth employment program intermittently provide the station with part-time paid staff. But, it's that host of volunteers, including the paid staff, that make it possible for WVMR to stay on the air. In a rural county with a population density of 10 persons to the square mile, this isn't easy.

Beginnings

WVMR began broadcasting from dawn to dusk in November 1981. The 2,500 watt AM station is located in a rural area near the geographic center of the 942 square miles that make up mountainous Pocahontas County.

The station is housed in a new energy-efficient, earth-sheltered, passive solar structure—all financed with grants from the Appalachian Regional Commission (ARC), the Department of Commerce, National Telecommunications and Information Administration (NTIA), the Corporation for Public Broadcasting (CPB),



the Benedum Foundation and the Pocahontas County Commission. Land near the county high school was made available by the Board of Education.

At WVMR, volunteers do community surveys, provide programs, seek funding, catalog records, care for the building and grounds, do office work, service equipment, and perform many other necessary tasks. In 1983, volunteers donated more than 5,000 hours to the station.

Extension Volunteers

The most demanding volunteer job is that of on-air operator, or “DJ.” On WVMR, you can hear teenagers, senior citizens, married couples, ministers, or even county Extension agents.

These volunteer DJ's must spend many hours in training and pass an extensive test covering technical operation and programming before they are licensed by WVMR.

County Agent Bob Keller—a pioneer DJ volunteer—runs the early morning show on Wednesday and Saturday.

The early morning air shift includes cleaning and preparing equipment; reading meters; selecting and cueing records; recording and airing local and national news; reporting local activities, weather, and hospital

news; airing public service announcements and station promotions; recognizing underwriters; answering the phone; receiving visitors; and handling any emergencies that come up.

Incentive

Extension Home Economist Betty Rae Weiford might never have tried to become a DJ if the National Association of Extension Home Economists (NAEHE) 50th Anniversary “Reach Out” project hadn't provided her with an incentive to take on a new volunteer effort.

Once a licensed volunteer DJ, Betty Rae hopes to use this skill in hosting a weekly mid-morning “Reach Out” program as Extension home economist by bringing information to families, accepting live telephone comments and questions, and providing entertaining music.

Chance to Reach Larger Audience
Other agencies also take advantage of this opportunity to reach larger audiences through live in-person programs or have become proficient in production skills and produce their own programs.

For example, Public Health Nurse Jane Hamed stops by the station on her way to the office on Tuesday mornings to discuss timely health



subjects or current health-related problems; Nurse Lois Quinn with the Home Health Agency stops in on Friday mornings to discuss problems of the elderly.

Norris Long, Soil Conservation Service (SCS) technician, produces public service announcements for his agency. Norris is also a volunteer DJ. Nurse Hamed was on the WVMR Board of Directors and Nurse Quinn volunteers her vocal talent for live gospel programs.

Programming

Extension Agents Keller and Weiford also provide the station with live and taped ready-to-air educational programs on many subjects.

During 1982 and 1983, 300 "County Agents Corner" 5-minute programs, produced by Agent Keller, were aired on a three-per-week, three-time-per-week rotation. These included timely subject master interviews with specialists and on-the-farm reports. Extension Agent Austin Shepherd from adjoining Highland County, Virginia, also generated some of these programs. During 1984, "County Agent Corner" will concentrate on lawns and gardens.

Keller also recorded more than 400 30- to 60-second recorded messages on a wide spectrum of subjects.

Home Economist Weiford developed a series of food and fitness programs (5 to 7 minutes in length) for airing every Monday morning in 1982.

Experienced Host

Weiford has also hosted hour-long, live discussion programs with call-ins on: Education at the Crossroads, Alcohol and the Law, Your Tax Dollars, Child Care, Domestic Violence/Child Abuse, Consumer Protection, Safety, Landowner Rights/Responsibilities, Care and Protection of Children, and Solid Waste Management.

She's also produced several 1- to 3-minute messages for airing at random on resource management, food preservation, food safety, consumer tips, health, safety, family living, and consumer protection.

Marketing Extension, reaching new audiences, and doing more with less, are common themes to Extension agents everywhere. Certainly few Extension staffs have had more radio opportunity than Pocahontas County in the past 3 years.

Think Radio

Thinking radio is a key. When the wool pool sells—call in a news report. When a 4-H'er achieves honors—call in a report. 4-H camp is taking place—have 4-H campers call

in reports on camp. Having an educational meeting—bring the specialist or resource person in early to do a live show on the subject to reach more people and stimulate attendance.

For Pocahontas County the increased exposure means new clientele, new perceptions of Cooperative Extension, and increased requests for information.

In return, Agents Keller and Weiford volunteer much time and energy beginning with the planning and grant writing through the sometimes tedious journey of developing the democratic philosophy under which the station continues to operate. The county Extension office served as the base of operations when WVMR was still a dream. Both Agents also have served as president of the WVMR Board of Directors.

Communication and the opportunity for educational programming have taken on new meaning in the county Extension office, and the staff is in debt to those volunteers who get up in the wee hours of the morning, give up their weekends, provide their own transportation to make WVMR possible, a radio station Where Volunteers Make Radio. □

Motion For Life

Mary Ann Spruill
Extension 4-H Nutrition Specialist
North Carolina State University, Raleigh



"Motion for Life" is helping youth in North Carolina improve themselves physically while boosting their self-esteem. A new Extension 4-H program, "Motion for Life" features 12 1-hour lessons in aerobic exercise, nutrition, grooming, and human development. Over 2,000 youth and 400 volunteers have participated in the program since it was introduced in May 1983.

Heart of Program

The heart of "Motion for Life" is aerobic exercise—vigorous exercises and activities that improve the organs and systems of the body involved in carrying oxygen—the heart, lungs, and blood vessels. Sessions emphasize the importance of running, walking briskly, jogging, bicycle riding, and swimming. These exercises help the lungs process more air with less effort, which, in turn, strengthens the heart and increases endurance. Half of each lesson is devoted to dancercise routines,

especially designed for the program, providing an enjoyable way to strengthen the heart while, at the same time, burning extra calories and toning muscles.

Through the program's food and nutrition lessons, participants learn to calculate the number of calories needed each day to maintain, gain, or lose weight. Youth review the values and attitudes that influence eating habits, discuss fad diets, explore the relationship between diet and physical fitness, discuss the pros and cons of fast foods, and identify ways to reduce sugar intake.

Computer Analysis

Participants can analyze a 24-hour food recall on a computer and compare their results with the 1980 Recommended Dietary Allowances of various nutrients.

Other activities, such as making wise decisions and evaluating personal strong points, are designed to improve one's self-esteem. The grooming section of the program stresses the importance of grooming, posture, and body language in forming first impressions.

"Motion for Life" is sponsored by the North Carolina Agricultural Extension Service and North Carolina Commodities. The 12 lessons included in the series are as follows:

- Are you in an Energy Crisis? (Weight Control)
- Understanding Your Eating Habits
- Fad Diets
- The Fitness Formula (Physical Fitness)
- Feasting on Fast Food
- Sugar, Sugar Everywhere
- What's Your Message?
- Clothes Talk
- Body Language
- I Can Make Wise Decisions
- I Can Do Things Well
- My Declaration of Self-Esteem

Program Developed

The development of "Motion for Life" began in the spring of 1983 with a planning committee meeting to design the format and subject-matter content of the program.

Subject-matter specialists wrote the lessons, which were then compiled and edited, and printed as a 4-H leader's guide. Extension also developed radio scripts, news articles, and a public relations tipsheet to promote the packaged program.

Training Workshops

At a statewide workshop in May 1983, Extension taught teams of county agents, volunteer leaders, and 4-H'ers how to conduct the "Motion for Life" sessions. Extension also reached representatives in 20 additional counties at a training session held in November at state conference.

North Carolina has introduced the program to 4-H leaders on national and state levels; to other leaders in churches, scouts, county, and recreation departments; and to public school teachers.

Plans to Expand

"Motion for Life" is currently available in over half of the counties in the state. Plans are underway to provide training for remaining counties later this year. Extension is encouraging home economics agents, particularly those with food and nutrition responsibility, to recruit and train volunteer leaders to bring "Motion for Life" into more neighborhoods, and in doing so, increase visibility for home economics and 4-H in North Carolina. □

*Celebrate 50 Years of
Professional Growth and Achievement...*

With the National Association of Extension Home Economists



Today's Photo:

Charlotte Young, current NAEHE president, started her Extension home economics career in 1954, took ten years off to start a family, and returned in 1964 as an Iowa county home economist; then later as an area consumer and management specialist. Currently, she's based in Cedar Rapids.

Photo from the Past:

Virginia McLuckie retired in 1976 after 30 years of Extension home economics work in Maryland at state and county levels. A proud member of NAEHE in the early days, Virginia's an "old hand" at having her photo in *Extension Review*. This picture (note the *Extension Review* under her arm) appeared on a cover; so did another showing her demonstrating how to make some clothing alterations. Virginia now lives in Cumberland, Maryland.



50
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1984 - Anniversary Year

Extension Home Economists Help You Put Knowledge to Work

The Cooperative Extension Service officially began in 1914 when the Smith-Lever Act established it. In 1934, the National Association of Extension Home Economists was formed. As a result, Extension home economists across the nation now meet together, exchange ideas, and promote professional growth.

In their role as professional educators, Extension home economists deliver out-of-school information to help families learn new skills and obtain new knowledge for better living. The next few pages will show you their areas of teaching concern and some of the methods they use to teach.

This year marks the 50th anniversary of NAEHE. With this photo album of new and old photos, EXTENSION REVIEW magazine, Extension co-workers and friends of Extension everywhere salute NAEHE and its outstanding achievements.

Food, Nutrition And Health



Mass media methods such as TV help Extension home economists deliver food preservation and food safety information to large audiences. They also teach people about the attitudes and behavior that affect dietary patterns. Fitness and nutrition programs are provided face-to-face in group situations, through correspondence courses, or other ways. Extension home economists hire, train and supervise paraprofessional aides in Extension's Expanded Food and Nutrition Education Program (EFNEP) designed to teach low-income, young homemakers how to feed their families nutritious meals on a budget. Computers are another method now being used by Extension to teach people how to analyze and improve their diets. Sometimes, Extension home economists teach wise food buying by training volunteers to provide information, on-site, at supermarkets. Health promotion (stay-well programs) is also an important area of concern to Extension home economists.



Early Extension home economists worked with Extension Homemakers and others, teaching them practical ideas about food preservation, sewing, home sanitation, home maintenance, money management, and other topics.



Family Strengths and Social Environment



Today's families live in a complex society that has resulted in new needs, especially in the family life area. Single parent households, "latch-key" children of working parents, two and three generation households are becoming common. Stress is felt by many families. Extension home economists target their educational programs to meet these needs and strengthen families. Families need help in managing their resources, such as time and money. The computer helps in teaching money management because it's possible to quickly compare a family budget with average expenditures. Families need help with the care of home furnishings. Trained volunteers can teach skills such as upholstering or furniture repair.



Family Economic Stability and Security



Energy and Environment



Extension home economists help families learn to manage today's housing and energy costs and make wise purchases of equipment and home furnishings. They teach practical skills such as simple home repairs, sewing, and food preservation to volunteers who teach others. Sometimes they train 4-H leaders who teach youngsters how to conserve energy. Special efforts are made, sometimes through volunteers, to reach the handicapped and the elderly. Volunteers, for example, may simulate what it is to be sightless so they can better help those with vision problems.

Even in early days, Extension home economists trained by educational messages to used radio to get their



Volunteers and Leadership Development



Newcomers Learn New Ways

Patricia K. Conner
Assistant County Extension Agent
The Ohio State University, Columbus



In 1975, the Khmer Rouge (Cambodian Communists) took over Cambodia. Soldiers forced city dwellers to leave their homes and go into the countryside. Many died of starvation or disease. Others were killed by the Khmer Rouge. In a country with a total population of 7 million, 3 million died.

Annie's family was one of those that suffered at the hands of the Khmer Rouge. Her husband was shot in their home; her father left for work

one day and never returned. Annie fled with her son and daughter. By 1977, her daughter was dead of malnutrition. Her son had been taken away.

In 1979, Annie was reunited with her son and niece. The three lived in refugee camps in Thailand until 1981, when they resettled in the United States. Annie now lives in Columbus, Ohio, and is a valued staff member of the Franklin County Cooperative Extension Service.

Adjusting to New Lifestyle

For refugees, such as Annie, problems do not end when they reach the United States. They must learn to survive in a society that speaks a different language and has strange customs, complicated laws, and confusing medical practices. Even buying, storing, and cooking food is difficult for refugees. In their country, they shop daily in open air markets where prices are negotiable. Although America's grocery stores offer thousands of different items, many

native Indochinese foods are either unavailable or expensive.

Franklin County Offers Assistance

The Franklin County Cooperative Extension Service first became involved in helping refugees in 1982, when Tracey Shively, a nutrition aide, enrolled several Laotians in EFNEP. She arranged for refugee volunteers to translate instructional materials into their own language.

Enrollment grew so quickly that volunteers could no longer meet the demand. Two interpreters, Annie and Saykham Sopraseuth, a Laotian, were hired. Within 3 months, 16 Cambodian groups of 43 families (258 individuals) and 10 Laotian groups of 34 families (159 individuals) were organized.

Approximately 2,400 Laotians and Cambodians currently live in Franklin County. A referral system established with the Ohio Department of Health Refugee Program allows new arrivals to be identified quickly. About 18 additional Laotians and Cambodians resettle in the Columbus area monthly.

Common Food Problems

A lack of food storage skills is probably the most common problem of Indochinese, according to staff members. Many refugees lived in rural areas and had never seen a refrigerator before they arrived in the United States. Many don't know which foods to refrigerate. Aides routinely check freezers, refrigerators, and cabinets to see where food is stored.

Shively says she was shocked when she opened one homemaker's freezer and found "a cow's tail—fur and all." Kerr told of visiting a Cambodian home: "They had unopened jars of baby food in the refrigerator, but I found the eggs and milk in the cupboard." Extension is currently developing fact sheets on proper storage techniques for the refugees.

Most Indochinese refugees are unfamiliar with ranges—ovens in particular. Most don't understand how to safely use gas appliances and are often afraid of them. Jackie LaMuth, home economics agent, is currently developing fact sheets showing how to use and clean gas and electric ranges.

Recent refugees to the United States have been eating subsistence diets for years; consequently, anemia and malnutrition are common.

EFNEP aides stress the importance of a balanced diet and emphasize the need to increase iron and calcium consumption. Liver stir-fry, liver French fries, rice pudding, and pudding popsicles are popular with the Indochinese.

Learn Cooking Terms

Refugees often reject cheese because "it smells" and canned fruits and vegetables because they are "too mushy." The Indochinese consistently rank pizza and spaghetti as their favorite "American" foods! Refugees are eager to learn English. As aides demonstrate a recipe, they carefully repeat the name of each ingredient. Refugees then repeat the word several times. The meaning of common cooking terms, such as "ounce," "tablespoon," and "grated" also must be taught.

Finding food items in the grocery store can be a problem for the Indochinese. By showing them the actual container or product label of each food item, their shopping becomes easier.

Cultural Differences

The extreme politeness of the Indochinese can be frustrating at times. Refugees truly appreciate attempts to help them and refuse to criticize any effort. Their politeness is wonderful, but it makes lesson planning and evaluation difficult.

When asked if they like or understand anything, the Indochinese always answer "Yes." They might shame or embarrass the speaker if they say "No." To help gauge understanding, aides ask refugees to explain the information just taught.

Strict customs dictate the diets of Indochinese mothers and their infants for the first few months after giving birth. Dietary customs vary widely, but are followed religiously. Prenatal dietary instruction is socially acceptable, but postnatal is not.

Working With Interpreters

To be effective, translators must be respected by their countrymen. Interpreters who are not respected are unsuccessful in enrolling families. Also, Indochinese women are very shy and often too embarrassed to speak frankly through a male interpreter. Cambodians and Laotians speak two completely different languages; few are fluent in both.

Translating recipes is difficult even for skilled interpreters. Most are unfamiliar with the U.S. measuring system, cooking terms, foods, and spices. To find errors in translation, interpreters read back into English materials that they have previously translated into their own language.

Being on time is highly valued in American society, but not in Indochinese culture. When training an Indochinese interpreter, punctuality must be stressed. Indochinese are hard workers and highly motivated, but they need constant reassurance that employers are pleased with their work.

Rewards of working with the Indochinese are great. They are a courteous, hard-working, proud people, who are highly motivated students—eager to learn about their new country. □

They're On The Move In Iowa!

For many Iowans, fitness and nutrition have changed from being a fad to being part of life. Cooperative Extension can take credit for at least part of that change. Showing that food, fitness, and exercise affect the health and well-being of individuals has been a key in Iowa Extension home economics programs for many years," says Elizabeth Elliott, associate dean and state leader for home economics Extension programs at Iowa State University.

On the Move

By combining physical fitness sessions with nutrition mini-lessons, "On the Move" promotes a healthier lifestyle. Three counties tested the program in the spring of 1983 and it has been used statewide since then.

The total program is designed to last 4 weeks, at three meetings, a week. Each lesson includes pre- and post-testing.

"The shorter 8-lesson series has been popular with senior adults and teenagers," says developer Rhonda Dale Terry, Extension nutritionist. "One group of Linn County seniors enjoyed themselves so much they talked their program leader into extending the program for an additional week."

Most adults and teens report joining to increase physical activity and learn more about nutrition. Senior adults mentioned socializing with others as another reason.

Diane Nelson
Extension Communication Specialist, Home Economics
Iowa State University, Ames

Breaking Patterns

One group of junior high students lost 27 pounds through the program. Their leader, Linn County Extension Aide Betty Johnson, says, "The teaching methods succeeded in breaking the restless patterns typically found with these students. The card games were most effective in really getting certain points across without extensive and boring reading assignments."

One card game is used to teach calorie awareness for the lesson on weight control. Another focuses on sodium and its relation to hypertension.

All age groups receive lessons on nutrient needs specific to their age, heart disease, and adult-onset diabetes. Other topics in the teen series include pregnancy and nutrition, alcohol, and caffeine.

Discuss Nutrition Myths

Adults learn how to evaluate the nutrition information printed in magazines and discuss nutritional supplements and myths. Older adults also look at fiber. The nutrition segment of each session, 20 minutes long, is taught by Extension personnel with formal nutrition education.

Exercises are designed specifically for each age group. Teens and young adults get fast-paced aerobic routines. Low-intensity aerobic exercises are suggested for older adults, and slow-mobility exercises are recommended for the elderly.

Each meeting involves about 35 minutes of exercise and a 5-minute break. Medical release forms are requested.

"So many people live on low or fixed incomes, that it is unrealistic to expect them to have a complete physical before beginning the program," Terry says. "We request approval slips because we want physicians to know who is participating, as well as the nature and pace of the exercises, the length and frequency of the sessions, and the name of the person leading the session."

Safety First

Program leaders must follow certain safety requirements, such as having a well-defined emergency plan to use in case of accident and making sure either the exercise leader or someone in the group is trained in Cardio-Pulmonary Resuscitation (CPR). A local medical professional must be readily available during each exercise program.

Eating Trim

This adaptation of a Missouri program has been popular in many parts of Iowa. For example, in West Pottawattamie County, Extension Home Economist Pat Anderson found herself forced to offer four classes instead of just one, after constant phone calls kept their three phone lines and two secretaries busy. A report that 300 people attended one of her meetings so impressed the editor of the Council Bluffs Nonpareil that he devoted a lead editorial to the Eating Trim program.

FOODCOMP

Food intake as well as recipes can be analyzed with the FOODCOMP computer program. The data base includes information on 18 nutrients for more than 820 single and combination foods. County Extension home economists use the program with participants of weight control programs, and as a drawing card at shopping mall displays.

Farm Progress Show

An estimated 70,000 people viewed exhibits showing the risk factors of heart disease and stress management. 4-H'ers demonstrated aerobic exercise and did blood pressure tests.

Other Programs

Overweight youth ages 13 to 16 can participate in the week-long "Camp I Can" offered in some parts of the state. The camp involves aerobic exercises and other recreational activities, and information on basic nutrition and portion control. More than 20,000 Iowa youth have participated in "Fit It All Together," a nutrition and fitness project.

"Heart Disease—You Can Do Something About It" is an independent study program focusing on the risk factors of heart disease. The slide/tape format is designed for use in group settings by community organizations. A Leaders' Guide, handouts, and activity sheets are included.

"Nutrition Concerns and Controversies" is a home study program for persons with some nutrition background. The series of eight lessons is sent by county Extension home economists who collect a worksheet from each participant before sending the next lesson. Over 3,000 people have enrolled and attended the followup general discussions.

"Nutrition for Teen Athletes," an umbrella title, includes a slide/tape set, publication, and videotape designed to be used singly or as a package by coaches, parents, community groups, and athletes.

"Total Wellness" is a one- to four-part series which looks at the interrelationships of nutrition, physical fitness, and stress. Iowans have many opportunities for food and fitness these days. □



The Migrant-Extension Connection

Patrick Livingston
Extension 4-H Youth Agent
and
Dawn Harris
Extension Home Economist
Michigan State University

Over the past decade, Extension agents initiated and conducted educational programs for thousands of migrant and Hispanic families living throughout Sanilac County in Michigan's Thumb.

These include training in aspects of health, nutrition, agriculture, and 4-H youth projects with particular emphasis given hands-on participation. Isabel Sanchez, director of the county-based Migrant Ministry says, "Through the years, I have watched individuals improve their self-help abilities and outlook on life through these Extension programs."

The Migrant-Extension connection began in 1972 when Sanchez and Extension Agent Lynn Harvey met to plan a community service project involving Hispanics. The process of that program led to Sanchez working with other Extension agents to develop additional programs and self-help opportunities.

Last year is illustrative of these successful combined efforts. Although in 1983 the employment perspective for the county's 179 migrant families—ranging from 2 to 16 members was bright, many people expressed concern about the side effects from federal and state health and school program cutbacks.

Extension and the Migrant Ministry once again joined forces to benefit the community.

Health Care Clinics

"Health care clinics were one of the first programs ever sponsored by the Migrant Ministry because illness is a serious problem for migrant families," says Sanchez. "They put off seeing the doctor too long, and the situation gets very bad before they seek help."

This year, as in past years, the Cooperative Extension Service helped the Migrant Ministry implement

mobile health care clinics near the migrant camp staffed with Spanish-speaking volunteers. These clinics, held in five different locations throughout the county, served approximately 400 people.

The medical community also supports the clinics. Through financial assistance from the Presbyterian Church and the Synod of the Covenant, over a dozen health care professionals run these clinics each year.

Very comprehensive, the clinics offer migrant families everything from glaucoma examinations to testing for high blood sugar and high blood pressure. Other services include a free computer program analyzing dietary intake and individual physical examinations by a physician.

Education Program

The Migrant Education Program provides children of migrant workers an opportunity to overcome the geographical and calendar barriers to education. Migrant children routinely encounter these barriers when transferring between school districts and states in the midst of a school year.

This spring, the 4-H and Migrant Education staffs at Brown City and Croswell planned a summer program for the hundreds of migrant youth already arriving with their families.

These programs began in late June and early July, and ran for 6 weeks. 4-H involvement at both sites included weekly programs conducted by local 4-H volunteer leaders and members on a variety of topics. Participants learned about dairy goats, sheep, leader dogs, and entomology. Students at Brown City also were treated to a lesson in Japanese when a 4-H exchange visited their site.

Escorted Tours

Other 4-H volunteers presented workshops to help migrant youth prepare exhibits for the Croswell Fair and the Sanilac County 4-H Fair. When these youth visited the fairs, other 4-H'ers escorted them on guided tours.

In all, about 400 students attended the two programs. Most of these youth exhibited articles for judging—receiving many ribbons and premiums for their efforts.

Valuable Contribution

Brown City Program Superintendent Joseph Furst says, "The sharing of 4-H projects is a valuable contribution to the experience of my students. The opportunity to enter projects at the Sanilac County Fair helps migrant children understand pride in one's work. The children's faces reflect their excitement when they see their projects with ribbons." Migrant Ministry Director Sanchez adds, "This is the only opportunity migrant youth have to be involved with their community on a start-to-finish program."

In addition to continuing endeavors with the health and school programs, Extension works with the Migrant Ministry to develop programs to meet the changing needs of migrants as well as the estimated 1,000 Hispanic families permanently residing in Sanilac County.

Included in this effort are proposals to renew a popular nutrition program and to initiate a market garden project. Ideally, these two projects could be combined to incorporate the family living, agriculture, and 4-H components of Extension.

"The people and their needs are here," says 4-H Agent Patrick Livingston. "It is our challenge to provide them with self-made tools necessary to meet their needs." □

Weight Control by Mail

Carmen R. Walgrave
Extension Adviser, Home Economics
University of Illinois, Urbana

No public weigh-ins, no weekly meetings, and no exorbitant costs. These are some advantages of a new weight control correspondence course offered in Whiteside County, Illinois.

So far, Extension has offered six courses—one for a small group already working together on weight reduction, another for 45 persons, and four additional courses, each averaging 120 persons. Reports from the three courses now ended show that over 80 percent of participants finished the entire 8-week session. Each person averaged a weight loss of 1 pound per week, a total of 8 pounds.

Course Features

The course is designed for men, women, and youth, and offers the following features:

- A correspondence course designed to accommodate persons not wanting to attend weekly weight control meetings or check-ins;
- Behavior modification, nutrition, and exercise information;
- A planned 6-week and 6-month followup report; and
- Mailings on topics requested by participants on their course evaluations.

Previous behavior modification programs have failed early in the program primarily because participants didn't want to be bothered with the time-consuming and tedious task of keeping records, including listing everything they eat, when, where, how they felt at the time, and who they were with. Without an understanding of its value, they didn't really see the need.

Whiteside promoted their program as having three requirements:

- A homework assignment (the above eating record) to be completed prior to enrollment;
- A small fee to cover postage; and
- Attendance at a meeting to introduce the materials.

These give the course a headstart toward success.

Commitment To Change

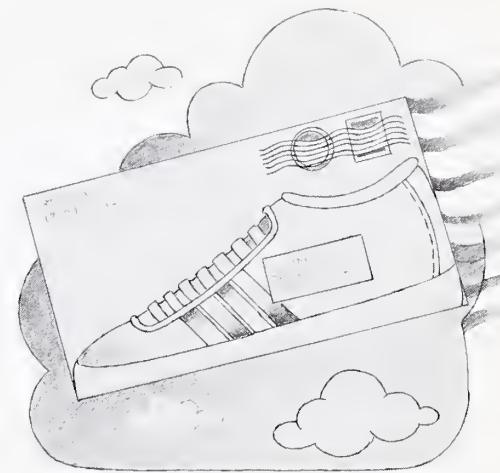
The initial meeting provides a method of going over the packet of materials; explaining the course; and discussing the concepts of behavior modification, exercise, and nutrition.

Participants weigh themselves at home, then record their weight at the first meeting for the office records. To ensure confidentiality, Extension assigns each person a number to use when reporting.

Once a week, Extension mails information to participants on behavior modification, exercise, and foods and nutrition. Each mailing is color coded. A foods change assignment is included for that week, such as no second helpings, limit fried foods to three per week, or cut soft drink consumption in half.

Individuals plan their own behavior change, determined by poor food habits pinpointed in their food diary. They also commit themselves to an exercise change suitable for their own physical condition.

Thus, each week, participants make three small changes—a food change, a behavior change, and an exercise change. The next week's commitments are added to the current week's changes. Participants also mail Extension a weekly report-back form, which indicates their weight change and the coming week's new behavior and exercise commitments.



Positive Feedback

Course evaluations have been very positive. Nearly every person has indicated that the initial meeting was important to them. Also, weekly mailings, behavior modification information, and ideas for behavior and exercise changes are valuable aids. Participants are pleased that there is a 6-week and 6-month followup to spur them to continue their own program of changes.

The majority of respondents ask for continued mailings of educational information on weight control. Some report starting the course over on their own using their packet of Extension materials.

Comments on the course include; "In a few words, this is a sensible plan."

"This was the most successful weight loss program I've ever tried; the best part was what I learned about permanent weight loss."

"I'm thrilled and plan to continue my changed behavior."

Some say correspondence courses aren't completed; others say people get too much mail. But when the materials are based on research and meet the needs of clientele, without weekly meetings and embarrassing weigh-ins, a weight control course by mail can work. □

What's In Our Food?

Oleane C. Zenoble
Extension Food Specialist
Auburn University, Alabama

Last fall when Secretary of Agriculture John Block announced the National Food and Fitness program, we in Alabama felt we were one step ahead. We already had a Fitness 7 program in progress, along with a series of "What's in Our Food?" multicounty meetings planned with agents. These meetings were to begin in January 1984. So when our Alabama Food and Fitness planning team met last August, we had the foundation laid.

Food and Fitness Programs

The "What's in Our Food?" programs, held in nine locations throughout Alabama, featured a discussion of food additives and food safety. These programs, publicized in each area by the local home economists, attracted 670 participants: college students, high school home economics teachers, homemakers, retired persons, and the media.

Attendance ranged from 40 to 140 during the 4-hour programs.

Questions and answers proved to be a valuable part. Since knowledge is key in understanding food additives and food safety, I wanted to answer consumers' questions at length, more than to adhere to a set schedule. Many participants commented that they did not realize the Extension Service offered this kind of information.

Handouts developed for agents to use in followup included material on: food additives, sweeteners, ethylene dibromide, preservatives, caffeine, diet and cancer, food ingredients, food labeling, health and organic foods and vitamin myths. County home economists offered these to the public in newsletters, news

articles, radio programs, and exhibits. To date, Alabamians have asked for more than 20,000 of these information sheets.

Cosponsors Program

Cooking schools always seem to draw large crowds, so Sandra Coffey, DeKalb County home economist, decided to take advantage of this to promote food and fitness. She was asked to cosponsor a night program with the local newspaper and merchants.

Coffey demonstrated recipes and gave information about food preparation to comply with the dietary guidelines, and about food and fitness relationships in general. An exhibit prepared by the state visual arts staff emphasized the idea of eating right and keeping fit at this program.

Popular Meetings

Ninety-five percent of all counties in Alabama conducted one or more programs using the food and fitness

theme. More than 22,000 men and women attended nearly 800 meetings. Extension Homemaker Clubs were encouraged to adopt Food and Fitness as a project. A program emphasized Food and Fitness at the Alabama Extension Homemaker Clubs' state meeting in Auburn this summer. County leader training programs also used this theme numerous times.

News Media

Agents received weekly information packets from Auburn with food and fitness articles, and special packets and information sheets on food safety and food additives from the food and nutrition staff. Counties reported using 467 news articles on food and fitness this year. Forty-two county home economists performed on 550 radio programs or radio spots and 30 television programs were aired on the food and fitness theme. Topics included food additives, diet and cancer, altering recipes for health, nutrition and athletes, and food facts and fallacies.

A collage of newspaper clippings from The Alabama Journal and The Opelika-Auburn News. The top left clipping from The Alabama Journal (Wednesday, December 28, 1983) features a headline 'n Ahead To Eat Well' and a sub-headline 'How to Make Sure Her Food is Safe'. It includes a quote from Mrs. Virginia Home Economics: 'As a homemaker save time and money by making sure her food is safe. It is important to keep food safe to prevent food poisoning. This keeps the clove from drying out and keeps the food safe to eat.' The top right clipping from The Alabama Journal features a large headline '‘Good Eating’ Discovered' with a black and white photo of a man in a suit. The photo has a caption: 'As a child Herb Collier liked to boast that he helped his mother bake cakes. At some time he insisted that he was a good baker. Now he is a nutritionist and a spokesman for the Alabama Cooperative Extension Service. He is the author of the book "Good Eating" which is available at bookstores and libraries throughout the state.' The bottom right clipping from The Opelika-Auburn News (Wednesday, January 25, 1984) features a headline 'Balanced Diet' and a sub-headline 'East Alabama Living'. It includes a quote from M.M. Vanlandingham: 'Balanced diet is the key to good health. It is important to eat a variety of foods, including fruits, vegetables, grains, and protein sources. A balanced diet can help prevent diseases such as heart disease, diabetes, and cancer. It is also important to exercise regularly to maintain a healthy weight and prevent obesity. Regular exercise can help improve heart health, reduce stress, and improve overall well-being.' The bottom left clipping from The Opelika-Auburn News features a headline 'Know The Truth Before You Buy' and a sub-headline 'From the County Agents Office'. It includes a quote from the Alabama Cooperative Extension Service: 'Balanced diet is the key to good health. It is important to eat a variety of foods, including fruits, vegetables, grains, and protein sources. A balanced diet can help prevent diseases such as heart disease, diabetes, and cancer. It is also important to exercise regularly to maintain a healthy weight and prevent obesity. Regular exercise can help improve heart health, reduce stress, and improve overall well-being.' The bottom right clipping from The Opelika-Auburn News features a headline 'Balanced Diet' and a sub-headline 'East Alabama Living'. It includes a quote from M.M. Vanlandingham: 'Balanced diet is the key to good health. It is important to eat a variety of foods, including fruits, vegetables, grains, and protein sources. A balanced diet can help prevent diseases such as heart disease, diabetes, and cancer. It is also important to exercise regularly to maintain a healthy weight and prevent obesity. Regular exercise can help improve heart health, reduce stress, and improve overall well-being.'

Newsletters

Most county home economists include food and fitness information in their newsletters. Jackie McDonald, Jefferson county agent, started a monthly Food and Fitness Newsletter mailed to more than 1,500 persons. McDonald says, "When the information on Food and Fitness came, especially the packet, there was just so much good information it was difficult to decide what to leave out. Since this was a national program, I wanted to draw attention to it in Birmingham and this is one area people are really interested in."

Exhibits

Health fair exhibits were combined with health screening and innovative methods by the county agents to get the food and fitness message across. Anne Church, Lee County agent, dressed like a clown for the theme "Don't Clown Around with Your Health, Eat Right to Keep Fit."

During March of this year we participated in a Food and Nutrition Expo

in Birmingham, sponsored by Food World, a local grocery chain. Jefferson and Shelby County home economists, Extension staff and I staffed an exhibit using the Food and Fitness theme.

We handed out information sheets at the exhibit in response to specific questions. With more than 25,000 visitors, our goal was to inform the public about the Alabama Cooperative Extension Service and our wealth of information in the areas of foods, nutrition, and health. We had developed food and fitness information coupons listing 10 publications on this topic, plus information on how to get publications from a local Extension office.

"Instant" Exhibits

This exhibit, made available to all counties, has been used at health fairs, county programs such as the one in DeKalb County, and college days. It has gone to many county fairs and to the state fair. Its three 4-by 8-foot panels made it hard to transport, so, six smaller "instant" exhibits were built at state headquarters for loan to the counties. They have been used statewide in a variety of ways. Twenty-five counties built 45 exhibits using the food and fitness theme. More than 110,500 persons have viewed the exhibits at malls, office buildings, senior citizen sites, and fairs.

Special Activities

Over 1,000 contacts with new clientele were made through physical education professionals who had received material on food and fitness from county agents. States Marilee Tankersley, Elmore county agent: "The county school coaches are now using the Extension Service as a resource and were surprised I could offer such information. I was asked

to speak on Food and Fitness to all the P.E. classes and the athletic teams."

Interest Is High

Elaine Shields, Marengo county agent, reports, "we are currently conducting two 5-week Fitness Dancerobics Programs with a total of 42 people enrolled. A volunteer is serving as the teacher. Interest is so high in these groups, another series is planned."

County agent Gail Regan is working with a local university to teach volunteers to conduct exercise classes. Her series of programs contains an agent's guide, slide sets, suggested exercises, and participant handouts.

Peggy Bracken and Evelyn Waites of Escambia and Covington counties cosponsored a 3-day weight reduction/fitness camp called "Food, Fitness, and Fashion." They emphasized dietary guidelines, exercise, motivation, and appearance. Lifelong commitments to changes in dietary and exercise habits were stressed.

Bracken, a veteran Extension agent, reports, "I have never had a program that was so enthusiastically received! We still have 100-percent participation in the followup program. One woman drives 30 miles each week for these meetings."

Program Impact

To measure the impact of our campaign in Alabama, I developed questionnaires for evaluation and sent them to the county home economists at 4-month intervals. We tallied results, which came from 64 of the 67 counties in Alabama. Agent vacancies prevented a 100-percent response rate. The evaluations, requests for more information, and many requests from the media for information on food and fitness show that our campaign was timely and on target. □



You're Never Too Old For Nutrition!

Barbara H. Drake
County Extension Agent,
Home Economics
The Ohio State University



Can Extension assist senior citizens to improve their eating habits? The Geauga County Cooperative Extension Service endeavored to find out during an intensive 9-month educational effort called, "You're Never Too Old For Nutrition."

To educate senior citizens, lessons were wrapped around three major topics: sound nutrition practices; food shopping and preparation; and the importance of a balanced diet.

Weekly Lessons

The lessons were conducted once a week, from September 1981 to May 1982, through the Department on Aging's Congregate Meals Program. This program provides noon meals to senior citizens at two locations or "sites" in Geauga County.

The program was open to all citizens in the county. A newsletter describing the program was sent to over 2600 seniors. News releases in local papers welcomed all who were interested.

There is no public transportation in the county. Vans were used to pick up those persons who did not have transportation.

Pre-Lunch Lesson

At each meeting, the home economics agent presented the 30-minute nutrition lesson and then a box lunch was served.

The lesson consisted of a short lecture, a food preparation demonstration, a tasting session, and a question-and-answer period. The topics were: You're Never Too Old For Nutrition; Cooking and Shopping For One or Two; Turkey For Two; Blender Beverages; Master Mixes; Bread Snacks; Meatballs; Omelets; and Vegetable Cookery.

New Ideas

Each lesson stressed the importance of nutrition to health. Emphasis was on easy food preparation methods for one or two persons.

Fact sheets were given to participants at each lesson. These fact sheets briefly summarized key concepts and provided participants with one or two serving recipes demonstrated in the lesson. News releases and newsletters extended the information to county seniors who could not attend the lessons.

The "You're Never Too Old For Nutrition" programs reached 114 senior citizens with an average of 43 persons attending each lecture/demonstration. To evaluate the program, 20 persons were selected for interviews. The 20 individuals who were willing and available to be interviewed participated in the first two lessons on basic nutrition, food preparation, and shopping, plus three other lessons. The mean age of the sample was 72; 4 were men, 16 were women.

Two nutrition site coordinators and I conducted the interviews in May 1982.

Change Is Possible

The interviews revealed that senior citizens can—and do—change their eating habits. Before the sessions, 60 percent (12 persons) of the sample did not consume the recommended two or more servings from the milk group. At interview time, 50 percent of those 12 persons had increased their milk consumption.

Forty-five percent (9 persons) of the sample stated that, before the sessions they ate less than the recommended two servings per day from the meat group. At interview time, 22 percent of these individuals had increased protein consumption.

Before the nutrition program, 40 percent (8 persons) of the sample did not eat a vitamin A rich fruit or vegetable each day. After the sessions, 50 percent had increased their consumption of vitamin A rich fruits and vegetables.

Ready for Something New

Senior citizens are also ready to try new recipes and new foods. Nineteen of the 20 persons interviewed had prepared at least one of the foods demonstrated at the lessons.

Comments from those interviewed also revealed that senior citizens are receptive to new ideas and willing to change. Eighty-three percent of those sampled said the nutrition programs were worthwhile.

Some Implications

Those sampled did improve their nutrition practices, especially as they relate to milk and vitamin A rich fruits and vegetables. These senior citizens were willing to try new recipes and food preparation methods. They were enthusiastic and receptive to the program.

Home economics agents may need to take a close look at the dietary problems of senior citizens within their communities. It was determined that the great majority of the sample of Geauga County seniors were not eating adequate servings from the bread and cereal group. Additional education will need to be conducted on this subject.

This program demonstrated that Extension does have a role in assisting senior citizens in improving their eating habits. □

Adult Sitters Available

Diane G. Smathers
Extension State Program Leader, Human Environment
The University of Georgia, Athens

Two priority issues identified in Extension Service are Family Strengths and Social Environment, and Family Economics Stability and Security. Georgia's Adult Sitter program is addressing both issues by providing respite care for citizens, particularly the elderly, and a source of income for "sitters," primarily older persons on low or fixed salaries.

County Need Realized

The need for an adult sitter program surfaced when Douglas County Extension Home Economist Joan Douglas met with county hospital personnel in May 1981 to discuss the problem of hospital overcrowding. Many hospital beds were occupied by convalescing elderly who could return to their home only if they had someone to look after them. Douglas has heard of a program called *Adult Sitter*, developed by Texas Extension in the late 1970's. State Program Leader Diane Smathers subsequently contacted Judy Warren, Texas family life education-aging specialist, and asked her to share their materials. Using the Texas program as a guide, Douglas and Smathers along with the educational director at the Douglas General Hospital planned the first Adult Sitter program in Georgia.

Program Outline

Georgia's Adult Sitter program consists of a 3-day clinic, offering approximately 20 hours of instruction. Participants learn:

- Human relationship skills (5 hours);
- Physical care of the patient (9 hours);
- Home management skills (2 hours); and
- Role and responsibilities (3 hours).

County home economists and local health care personnel provide most of the instruction while ministers, social workers, attorneys, recreation specialists, pharmacists, and others serve as resource persons.

Due to the technical medical information presented, cosponsorship by the county hospital, a visiting nurse association, a vocational nursing school, or other medical staff is essential.

Growing Trend

Since the pilot effort in Douglas County, eight counties have conducted 12 clinics. Over 250 persons have been trained as "Adult Sitters." An additional 43 Georgia counties have requested the program. Because of the increased demand, Extension has prepared a training manual, *Adult Sitter Clinic Workbook*, to provide agents with step-by-step instructions on conducting a clinic.

Adult Sitter Defined

An adult sitter is a companion or caretaker who provides care, on a short-term basis, for a person unable to function independently. Adult sitters assist families in caring for their dependent members, particularly the elderly. Sitters are paid, nonprofessional individuals who offer respite care in homes, nursing homes, and hospitals.

Many sitters are older persons living on fixed incomes, and/or in need of employment. For this reason, the objectives of Georgia's Adult Sitter program are threefold:

- (1) to teach skills and techniques that help mature adults become effective sitters;

(2) to offer an opportunity to persons in need of employment; and

(3) to respond to a social need by cooperatively providing a source of assistance to families and the community.

Participants' Profile

Participants who complete the clinic are tested and awarded a Certificate of Completion. Many request their names be made available to persons who may wish to hire them.

A 6-month followup evaluation indicates that over half of the clinic participants are actively working as a sitter either full- or part-time or are caring for a family member or friend. Of these persons, over 25 percent list adult sitting as their sole source of income.

Seventy percent of all participants had never before attended an Extension activity. In an attempt to keep in touch with participants, Georgia has started a quarterly newsletter, *The Helping Hand*.

Extension's Responsibility

Georgia Extension home economists are excited about this program and believe it to be one that will assist families and the community. As the population continues to grow older, the care and support of our elderly become a major concern. No longer can we expect families or government agencies to assume lone responsibility for the Nation's older generations. It is imperative that the family, the community, and our government team together to address this priority issue. As the Adult Sitter program has demonstrated in Georgia, Extension Service can facilitate such an effort. □

The Home-And-Work Balancing Act

Rosemary Good
Extension Nutrition Education Specialist

Joseph A. Weber
Extension Human Development Specialist

Donna Cadwalader
Extension Leadership Development Specialist
Oklahoma State University, Stillwater

Work and family commitments of employed persons make it more and more essential for educational programs to reach them at their work site. Further, employers are increasingly interested in meeting employees' educational and personal needs related to work performance. They are also more aware than before of how life stresses affect employees' satisfaction, work performance, and absenteeism rate.

In Oklahoma, the fastest growing segment of the work force is mothers of

children under 18. Generally, husband and wife are employed outside the home. Dual-career couples with children under 18 constitute over half of Oklahoma families. About 20 percent of households with children are headed by only one adult.

Balancing Home and Work

Oklahoma State University Cooperative Extension Service developed and pilot tested an educational program to help employed men and women balance their work and home demands. We used a seminar format to help employees learn skills and insights to:

- Reduce job stress associated with home and work concerns.
- Have a channel of communication within the company.

Seminars were planned to benefit the employer by promoting a supportive atmosphere among employees, reducing absenteeism, and increasing productivity, and creating a sense of loyalty toward the company.

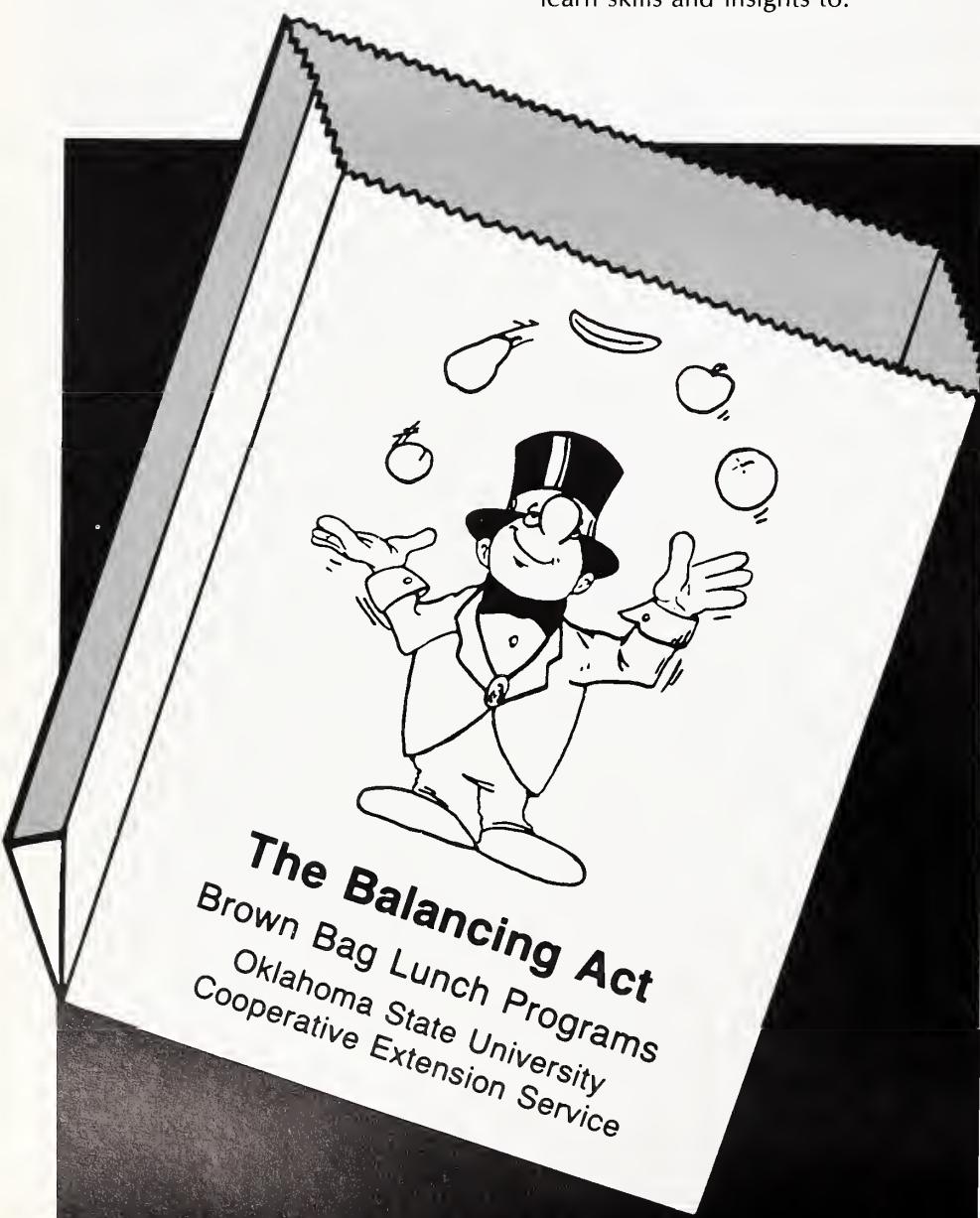
With these goals in mind, the developmental team worked with an advisory committee of employers; home economists in research, Extension, and business; and representatives from labor. This advisory committee generated ideas and critiqued proposals for seminar topics.

Survey

To determine needs of the target audience and topics for the seminars, the team surveyed various types of employees. High-ranking topics included time, stress, and money management; child rearing; nutrition and fitness; fast food preparation; feeling good physically and emotionally; housework; and dressing for the job.

We establish a time and task table to develop materials, test the content, deliver the material, and evaluate it. State home economics specialists with responsibility for the selected topics were asked to develop a series of three to five 15- to 30 minute sessions. Six county Extension home economists became part of the pilot test, based on county location, size, industry, economic base, and willingness to participate.

The home economists received promotional guidelines and materials including seminar posters, brochures, and flyers, seminar outlines, transparencies, scripts, and evaluation.



The Balancing Act
Brown Bag Lunch Programs
Oklahoma State University
Cooperative Extension Service

The Seminars

The seminars were offered under the title of "The Balancing Act—Home and Work." A logo and magician character were designed to represent each of eight topics. The seminars, generally consisting of three to five sessions for each topic, were held weekly. To tailor the program to their needs, managers of the worksites chose from the following seminar topics:

How to Be Fit, Not Fat; The Time and Stress Connection; Feeling Good; Meals In Minutes; Raising your Kids; Dollars and Sense; The Home and Work Hassle; and Making Your Wardrobe Work.

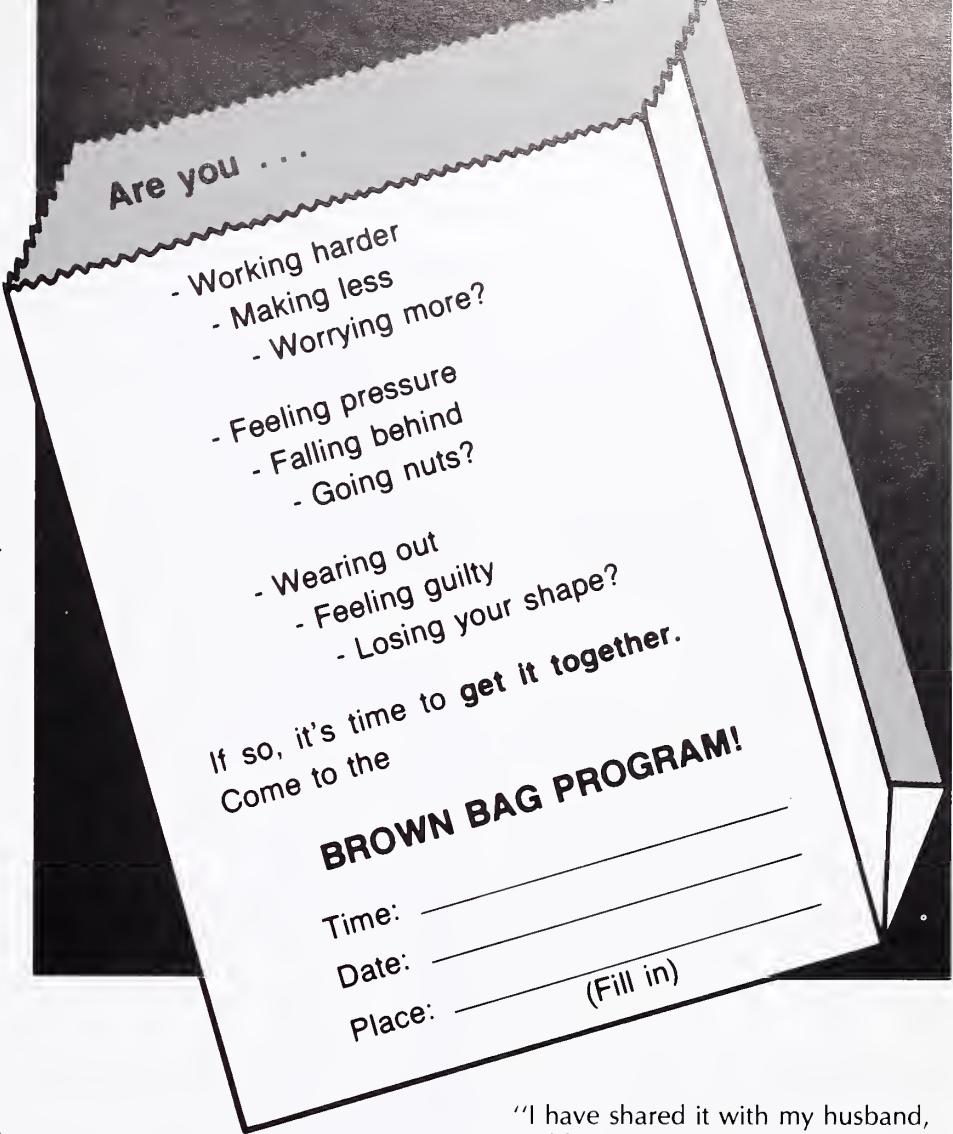
The "Balancing Act" seminars were presented as luncheon programs in six counties in the fall of 1983. We reached 5,800 employees in business and industry groups, including the Oklahoma City Western Electric Company and the Oklahoma City Library, a local courthouse, Chamber of Commerce, YWCA, Department of Human Services, Business and Professional Women's group, and a radio station.

Useful for Workers and Employers

The overall reception of the pilot project was extremely positive. One Extension home economist claims it was "the best thing Extension has come up with in 20 years."

Advantages:

- Sessions were well received by participants.
- Participants found information useful and helpful.
- New audiences were reached which had not received educational programs before from Cooperative Extension Service.
- Extension-related materials went to new audiences.



"I have shared it with my husband, and he is helping me more."

"Anything that makes things quicker and easier I like."

"Well presented, good program; the need is great."

"I would like to see some discussion from people who are experiencing parent-child conflicts. It would be helpful to see how they are coping with these specific problems."

Future Plans

Next, we will incorporate changes and duplicate, and distribute the program statewide. Home economists will receive training in ways to market and conduct the "Balancing Act" program.

Obtaining evaluation from employees and employers will be part of the home economist's commitment in using the program. □

Dining At The Nutrition Café

At the Nutrition Café, diners select nutritious foods not just for one meal, but for an entire day. And they have a choice of four menus.

The Café isn't a real restaurant, however, and diners don't eat the foods they choose. The Nutrition Café is an exhibit used at fairs and other events throughout Pennsylvania to promote good nutrition through precise meal planning.

How the Exhibit Works

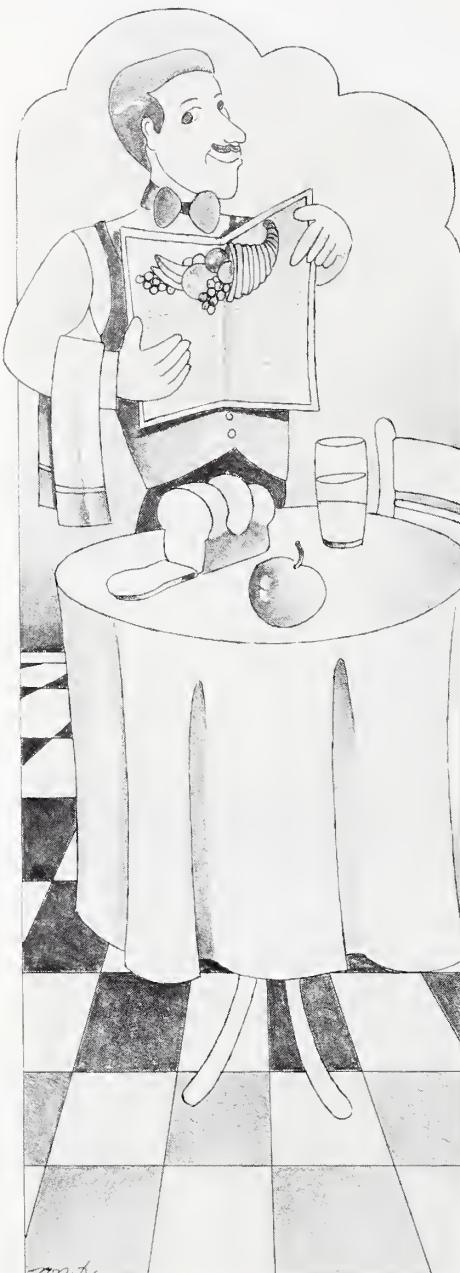
The Nutrition Café is quite simple. Extension staff set up four tables, each displaying a full day's menu—breakfast, lunch, dinner, and snack. Centered on each table is a number, from one to four, along with a printed menu of the foods. The audience studies the four menus, then ranks them from the most nutritious to the least.

A person dressed as a waiter or waitress answers nutrition-related questions from the audience and coaches them in how to rank the menus correctly. In some cases, a "maitre d'hotel," dressed in a tuxedo, is available to add style and to answer questions as well.

Pennsylvania tailors the Café for different age groups by simply changing the food items or quantities, such as the amount of milk or green leafy vegetables. Also, caloric and cholesterol levels can be adjusted as needed.

First Impressions

Upon entering the Café, most people see four tables set with delicious foods, but completely uncovered. Often they say, "Hey, that's not sanitary. How does the health board let you get away with this?" At first people don't notice that most of the food is fake. In an outdoor area, the only thing that seems strange to some is that there are no flies.



They tentatively poke the mashed potatoes, then pick up the hot dog and bend it. "Hey, this food is rubber!" They usually grab the pork chop by the bone and rap it on the table a couple times.

Some real foods are used. Raisins and peanuts are used for snacks, and corn flakes are used for breakfast. Real milk is not used. Instead, empty

Jerry H. Reyburn
4-H Youth Extension Specialist
The Pennsylvania State University, University Park

cartons are marked with different colors—green for skim milk and blue for whole milk.

Outgrowth of Fitness Programs

The Nutrition Café is an outgrowth of the Pennsylvania 4-H Fitness program, a part of the health project. Previously the health project lacked the glamour of the beef and horse projects with their show rings, and the fashion revue with its stage. Then, 14 years ago, 4-H added some excitement by implementing a modified track meet, featuring distance running, sprints, sit-ups, pull-ups, and team relays.

Since peak performance requires precise meal planning, Extension added nutrition. 4-H presents menus to participants in a simple paper-and-pencil quiz in sets of four, just like in livestock judging where a pen of four animals of the same species is standard. Scores are even decided with a livestock slide rule.

Originally 4-H wanted a worthwhile project for young people without added expense—a project that requires only time and energy. One goal is to mainstream 4-H health youth into 4-H judging with the nutrition menus. Another goal is to teach youth cooperation through the team relay competition while, at the same time, pushing them farther than they think they can go in distance running.

Today, the Nutrition Café is similar to a model of the paper-and-pencil nutrition quizzes directed at youth in the 4-H Fitness program. The difference is that Pennsylvania's Nutrition Café is spreading nutrition information to adults as well as to 4-H youth. □

Extension Agent— A Media Regular

Some Extension agents will admit privately that they are intimidated by the lights and equipment of the broadcast media. Even the harmless spongy microphone that looms before them in a one-on-one radio interview is regarded as menacing enough, they say, to dry a salivated throat.

But if broadcast jitters are common, they aren't shared by Linda Sebelia, a nutritionist with the University of Rhode Island Cooperative Extension. Sebelia acknowledges that she feels comfortable on either side of the mike in an interview situation. And it's evident that her relaxed confidence appeals to media programmers; she regularly appears on Rhode Island's major TV stations, and, for the past 2 years, has conducted her own award-winning radio show, presently carried by 13 stations in southern New England.

Radio Show Hostess

The radio show, "Today in Health," is heard daily by an estimated 600,000 listeners. A cooperative venture between the University of Rhode Island and Brown University, the program varies its focus from general family health to specific medical problems. The topics Sebelia discusses with guest professionals from both universities may range from new treatments for cardiac disease to the latest dental health findings to the social and medical implications of aging in America. Invariably, the emphasis is on nutrition.

All of the subjects, Sebelia says, supplement her professional interests. A registered dietitian, her current assignment for Extension is to coordinate the Expanded Food and Nutrition Educational Program (EFNEP) for Rhode Island's low income families.

Once a week in the photo and television services studio at the university, the 10-year Extension veteran tapes five 2½-minute radio segments for

regional syndication. She also prepares five 60-second segments for station preferring a shorter format.

Last year, Sebelia traveled to Washington, D.C., to accept an award for public affairs programming in a radio competition sponsored by the Association of American Medical Colleges.

TV Nutritionist

On a monthly basis, the Extension specialist does nutrition spots on subjects of her choice for WJAR-TV's (Providence) noon news.

Occasionally, on the station's evening news she is asked to report on, let's say, health food store products or what football players should eat. Her television services are not exclusively WJAR's; other Rhode Island stations, she says, request her appearance on the tube three or four times a year.

Recently, Sebelia took on an extra job as resident nutritionist for the monthly television show, "These Are The Days," a program for senior citizens. Here, she talks about what the elderly should eat and demonstrates how to prepare appealing, nutritional recipes.

Sebelia laughs when she recalls her "brash beginning" with Extension. "I was a home economics agent in

Jacqueline McGrath
Extension Editor
In Touch
Bi-monthly Tabloid
College of Resource Development
University of Rhode Island, Kingston

northern Rhode Island for about 1 month when I wrote to local TV talk show hostess Sarah Wye suggesting that she have me on her show." Wye liked the idea and, apparently, other programmers liked what they saw. Shortly after that, the Extension staffer began appearing with other broadcast media reporters in spot interviews.

Print Media Contributor

Does Sebelia eschew the print medium? Hardly. She writes two columns for the *Providence Journal's* weekly food section, which boasts a circulation of 225,000. One column, called "Crop of the Week" highlights native foods and vegetables in season and is done in cooperation with the Rhode Island Division of Agriculture and Marketing. The other piece briefly discusses low-calorie cooking and features a day's meal plan.

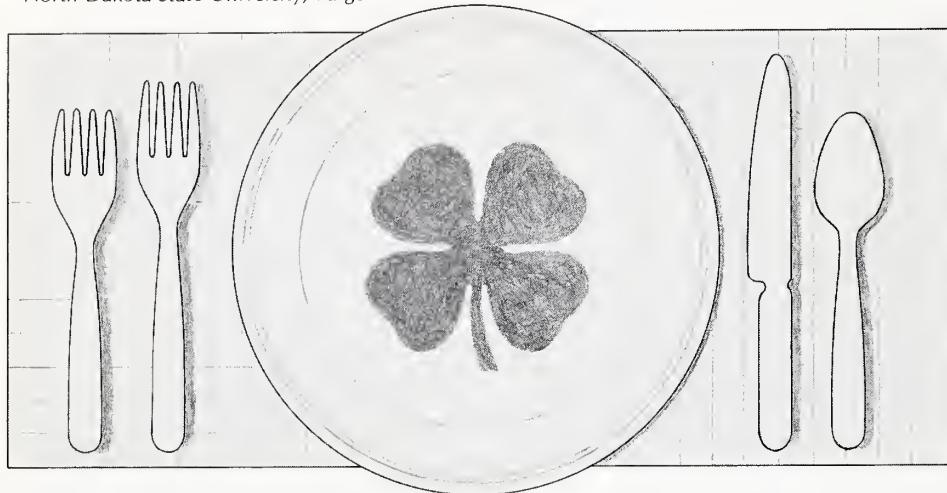
Sebelia is also a contributor to *In Touch*, a bi-monthly informational tabloid for the general public published by University of Rhode Island's Resource Development. And in her spare time? Sebelia is putting the finishing touches on a vegetable cookbook. □

During a radio interview, taped at the University of Rhode Island, Linda Sebelia (right), Extension agent and EFNEP coordinator, discusses diabetes with Marjorie Caldwell of the university's food science department.



4-H Food and Nutrition Guidelines Available

Sharon D. Anderson
Extension District Director
North Dakota State University, Fargo



What direction should your 4-H Food and Nutrition Program go? Where are the strengths and voids in your projects and activities?

A new publication, "The Changing Food Scene—4-H Food and Nutrition Guidelines," is available to help state and county Extension staffs evaluate their present programs and set priority areas for the future.

Planning for "The Changing Food Scene" began in 1980 when the deputy administrator for 4-H and youth, Extension Service, USDA, appointed a National 4-H Food and Nutrition Committee to study the food and nutrition curriculum area and offer guidelines to better manage program directions. Food and nutrition is one of the most popular project areas for 4-H youth, so the assignment was considered high priority.

The curriculum guidelines are based on the following six goals identified by the committee:

4-H Members will:

- Take responsibility for making healthful food choices and establish a fitness plan based on the knowledge of one's nutritional needs, lifestyle, and physical condition;

- Develop skills in planning, selecting, preparing, serving, and storing food;
- Gain knowledge and understanding of psychological, social, economic, and cultural influences of food choices;
- Recognize how national and worldwide policies relate to: food availability, personal food choices, and nutritional status of populations;
- Acquire knowledge and skills of career opportunities in food and nutrition; and
- Gain personal development skills for benefit of self and others.

Eleven component areas in the guidelines provide an overview of subject-matter and personal development needs of youth. These components are: Daily Food Needs, Nutrition and Fitness, Food Experiences, Science Whys, Food Preservation, Food Safety, Food Economics and Consumer Education, Ecology of Food and Eating, Food Issues, Life Skills, and Careers. Each component identifies objectives for 4-H'ers; major concepts that should be taught; specific behavioral outcomes; and examples of learning experiences for beginning, intermediate, and advanced levels.

How Can the Guide Be Used?

"The Changing Food Scene" is designed to be used by state and county Extension staff with advisory councils, development committees, support groups, and leaders. By studying the guidelines and comparing them with the present program, future direction can be planned. Or, staff may want to take one concept area and determine all the ways that concept can be a part of their food and nutrition program. The guidelines can be used in a brainstorming session with leaders to add new life to a program. The guide can also be a means for justifying program directions and time spent in food and nutrition. "The Changing Food Scene" offers suggestions, but allows for flexibility on the part of the user.

Training Session Planned

Would you like to know more about the *4-H Food and Nutrition Curriculum Guide*? A special staff development and training session is planned at the National 4-H Center, September 10-14, 1984, to acquaint staff with the guidelines and provide other nutrition updates. States are encouraged to send teams of 4-H staff, nutritionists, and others to the session. Copies of the guidelines have been distributed to state 4-H offices.

Members of the national committee who developed the guidelines are Bernadine Alexander, Hawaii; Caroline Anderson, Mississippi; Joanne Ikeda, California; Martha Mapes, New York; James Marquand (retired), Ohio; Jeanne Nolan, Missouri; Michael Tate, Michigan; and Sharon Anderson, North Dakota. Jean Cogburn of the National 4-H Council and Evelyn Johnson (retired) and Eleanor Wilson, both of USDA, coordinated and advised the committee. □

1984 Food and Fitness Essay Contest Winners

Three national first-place winners, ages 13 to 18, of the 1984 Food and Fitness Essay Contest sponsored by the Extension Service, received their awards at the Food and Fitness Fair in Washington, D.C. on August 16. All wrote 500-word essays on the theme "Food: America's Growth Industry."

The three national first-place winners were awarded a trophy, a \$200 U.S. Savings Bond (provided by Mid-American Dairymen, Inc.) and a trip to Washington, D.C.

At the Fair's opening ceremony, Secretary of Agriculture John R. Block personally congratulated them. Thirty-one states had submitted essays for national judging. Local, county, and state winners were also chosen.

Judges of the essay contest selected the first-place winners after evaluating entries based on originality, accuracy, style, and content. The judges represented such agricultural organizations as the American Farm Bureau Federation, Future Farmers of America, and the National 4-H Foundation.

National winners are: (13-14 year bracket) first place, Lydia Bevin, Shelburne, New Hampshire, second place, Melinda Johnson, Monticello, Utah, and third place, Barclay Black, Sylvania, Georgia; (15-16 year age bracket) first place, Timothy Carter, Seymour, Indiana, second place, Mary K. Lewis, Highland, Illinois, and third place, Drene Williams, South Carolina; (17-18 year age bracket) first place, Janet Fisher, Mount Carmel, Illinois, second place, Carter Clay, Carrollton, Georgia, and third place, Richard Buchholz, Waverly, Iowa.

In the 13-14 year age bracket, first place winner Lydia Bevin states in her essay, "America's expanding and successful food industry is a shining example of what freedom can do. If this message could be made plain to other countries of the world as well, our food industry would be performing another wonderful service indeed."

In the 15-16 year age bracket, first place winner Timothy Carter wrote: "Americans are extremely intelligent. They have learned to breed, raise, and feed animals so they give more milk and produce healthier meat. Humans enrich their lands to render them more productive. They are transforming empty wastelands into farmlands."

In the 17-18 year age bracket, first place winner Janet Fisher concludes: "As the earth's population grows even the vast food-growing potential of the United States wouldn't be able to assume the burden of feeding billions of hungry people. America's farms are a source of power, a means to profit, and a weapon for peace. We must consider the best and wisest ways to use this power to prompt development in other nations, to encourage cooperation, and discourage aggression."

The Fair On The Mall

The Food and Fitness Fair, held on the Mall in Washington, D.C. from August 16-18, drew thousands of interested spectators. The Fair was jointly sponsored by USDA and the President's Council on Physical Fitness and Sports.

On opening day, Secretary Block made award presentations for the Extension Essay Contest, described above, and a FSIS Poster Contest. Seven Cooperative Extension exhibits were included at the Fair on the Mall and the states offered many interesting exhibits on the importance of physical fitness and facts about proper nutrition.

A highlight of the Fair was the State Tent which featured exhibits by the following: Purdue University; University of Maryland; Michigan State University; University of Nevada; Oklahoma State University; West Virginia University; the Washington, D.C. Metropolitan Extension Council, and 4-H'ers Freddy Frog.

At the Food and Fitness Fair on the Mall in Washington, D.C., Secretary of Agriculture John R. Block congratulates the three national first-place winners of the 1984 Food and Fitness Essay Contest. Proud of their achievement as essayists are Lydia Bevin, Timothy Carter, and Janet Fisher.



* *Food and Fitness Footnotes*

Food and Fitness Activities in Oklahoma

Oklahoma jazzed up their food and fitness activities with a "Jazzercise" session in front of the state capitol. Agriculture representatives, state capitol employees, Extension personnel, and several local celebrities exercised to music in sweltering 90 degree temperature to kick off the state's food and fitness campaign. A few brows were wet after the hour-long workout.

Two television stations covered the event, held in August 1983. Governor Nigh signed a proclamation declaring August 1983 to August 1984 "Food and Fitness Year" in Oklahoma. State food and fitness campaign leader Rosemary Good distributed Extension materials and discussed the role of proper diet.

Oklahoma has enthusiastically responded to the campaign, according to Good. Among activities at the state level, Extension provided food and fitness kits to counties, and the Oklahoma Department of Agriculture in cooperation with Extension Home Economics built a food and fitness exhibit, which was used at two state fairs.

Oklahoma also participated in the video-teleconference sponsored by Sunkist, "Uplink to Food and Fitness," and prepared news releases, radio spots, and a five-part television series.

The television spots, each 1½-minutes long, focused on nutrition and fitness during infancy, preschool, adolescence, adulthood, and later years. Three local television stations aired the spots in the morning and at noon.



County food and fitness activities were numerous and included the following:

- Weigh Off, a 12-week, weight-loss program held in 14 counties;
- Exercise classes, some geared to older citizens, conducted by eight county home economists;
- Special programs on sports nutrition, exercise, dietary guidelines, fad diets, nutritious snacks, and related topics presented for youth, adults, civic groups, and senior citizens; and
- A Food and Fitness Awareness Day held at Langston University. President-elect of the American Dietetic Association, Donna Watson, State Department of Agriculture Marketing Development Coordinator, and aerobic instructors were featured speakers. □

*Rosemary Good
Extension Nutrition Education Specialist
Oklahoma State University, Stillwater*

Video-teleconference— An Uplink to Food and Fitness

Extension Service-USDA helped developed the first international video-teleconference "Uplink to Food and Fitness" sponsored by Sunkist Growers, Inc. Forty sites nationwide participated in the March 1984 video-teleconference, many of them with Cooperative Extension site coordinators. Audience included dietitians, nutritionists, coaches, health care and public health professionals, Extension home economists, news media, supermarket personnel, and other interested groups—more than 5,000 strong—participated in the video-teleconference. □

*Ava D. Rodgers
Deputy Administrator
Home Economics and Human Nutrition
Extension Service, USDA*

It's Your Move— To Better Nutrition

A teenager's fast-paced lifestyle may place a low priority on good nutrition. A skipped breakfast; hamburger, fries, and a soft drink for lunch; and just snack-type foods for dinner won't provide an active teen with all the vitamins and minerals he or she needs.

Given the necessary education, teens can improve their diets by improving their choices and decisions about food. This is particularly important today as more and more teenagers are involved in selecting and preparing foods for themselves, their friends, and their families.

In New York, a new 4-H program, "It's Your Move! 4-H Teen Nutrition Education Program," offers youth food and nutrition experiences aimed at helping them make informed food choices. The 4-H program is geared to help 13- to 19-year-olds identify their attitudes and beliefs toward food and evaluate their practices while providing them ways to bring about change, if change is needed.

"It's Your Move!" consists of the following seven units:

- Values and Food, Introductory Unit
- Culture and Food
- Advertising and Food
- Body Image, Exercise, and Food
- Farm Production and Food
- Pregnancy and Food
- Alcohol and Food

Developed in 1982, the program has already been introduced in almost every New York county to Extension home economics and 4-H agents, Expanded Food and Nutrition Education Program (EFNEP) aides, 4-H

paraprofessionals and volunteer leaders, and, in a few counties, to junior-high and high-school home economics teachers. The program is being conducted through EFNEP, 4-H clubs, schools, and other local community groups. Also, upon invitation, New York introduced the program to South Dakota state and county EFNEP and 4-H staff this past spring.

Accomplishment

Nutrition education is the primary goal of "It's Your Move!"; however, the program does more than educate teens about selecting nutritious foods. According to one 4-H leader, "the activities allow teens to come up with their own answers and conclusions, thus making the learning experience more powerful." Along with cultivating sensible eating habits, teens learn to manage their

resources, develop leadership skills, work cooperatively with one another, and build positive self-concepts.

"It's Your Move!" is available from Cornell Extension in notebook form. Each of the seven units contain a leader's guide, fact sheets and/or information booklets, evaluation forms and handout materials in camera ready copy. □

*Susan E. Travis
Extension Nutritionist
Division of Nutritional Sciences
Cornell University, New York*



Health Information As Near As Your Phone

Arizona's "Instant Health Info" dial access program offers up-to-date information on weight reduction, depression, diabetes, sex education, and other health topics. Information is primarily prevention oriented, emphasizing the individual's responsibility.

Arizona is averaging 3,200 calls a month—two-thirds from rural areas.

Funding for the program is provided by the Flinn Foundation and the Arizona Department of Health Services.

For more information, call 602-621-3346. □

Bernice Epstein
Extension Specialist, Health and Safety
University of Arizona, Tucson

Cross-Country Run Against Cancer

Running 3,000 miles is ambitious even for the most ardent jogger; but to one 20-year-old 4-H alumni, this goal means more than just athletic achievement.

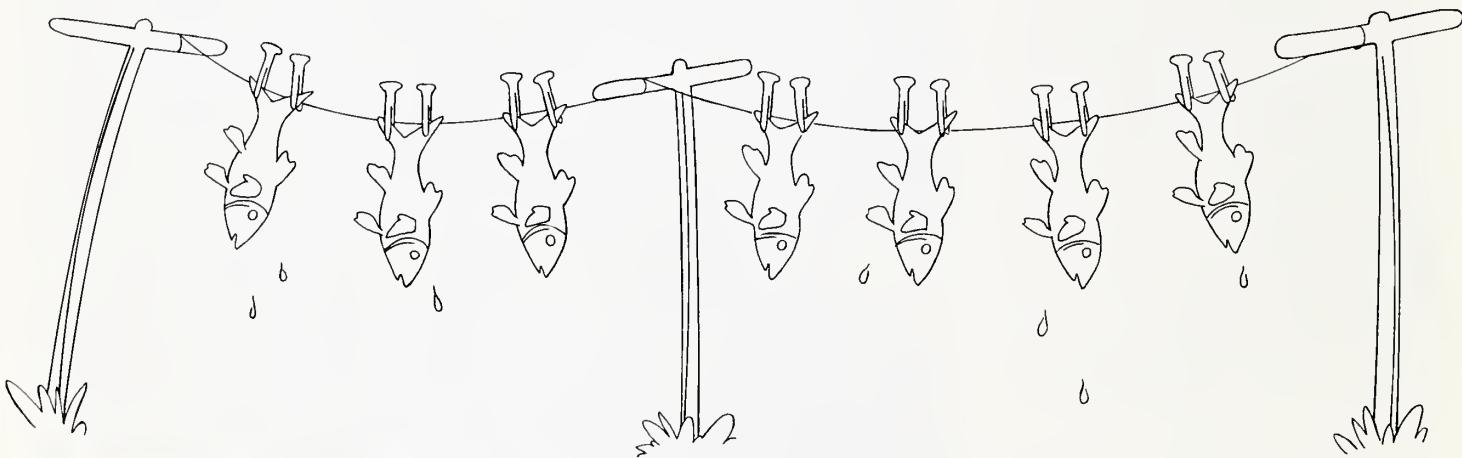
Gary Aramini of Chester, New Hampshire, was deeply touched by the early death of a friend, Bill Clay, who died of cancer. To draw attention to the need for cancer research, Aramini set out to run, cross-country, from California to New Hampshire—a total of 3,000 miles.

In doing so, he hopes to raise \$100,000 for cancer research. Aramini is asking people to pledge what they can for each mile he runs or to make a flat contribution to the Billy Clay Fund for the benefit of the Dana-Farber Cancer Research Institute.

Aramini began the benefit run from San Francisco on May 3. Running about 40 miles a day, he expects to reach New Hampshire the middle of August. Aramini is meeting the people of our country along the way and finding that to be a very moving experience, according to Extension agent Lynn Garland.

Several radio and television stations in Derry, New Hampshire, and in Boston, Massachusetts, as well as the *Union Leader* newspaper in Manchester, New Hampshire, are covering Aramini's trek across country. Also, as a sign of support, 4-H'ers and other youth in Chester have tied red ribbons, symbolizing courage, on their mail boxes.

Aramini was previously active in the Chester Cattle Corners 4-H Club raising dairy animals, poultry, and a bountiful garden.



Sending Fish to the Cleaners

A new fish washing process that can extend the shelf life of fish could be available to Virginia's seafood processors by next year.

"Normally, fresh fish has a shelf life of 4 to 6 days, depending on the

species," says George Flick, Virginia Tech Extension food scientist. But the new fish washer can extend this period to 12 to 17 days. This could mean new markets and more profits for Virginia seafood processors, who seek to tap the Midwest as a greater outlet for fish.

"If a processor now gets a markup of 17 percent, he or she should be able to get at least an additional 3 percent for a longer-life product. That means the firm's profits would go up by at least \$200,000," Flick said. □

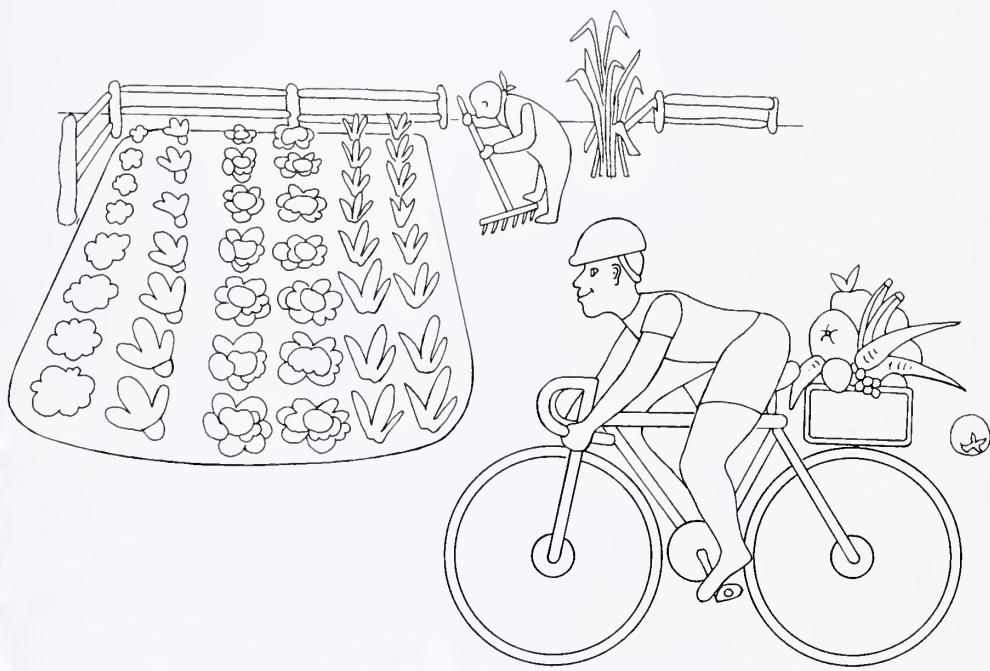
George Flick
Extension Food Scientist
Virginia Polytechnic and State University, Blacksburg

“...Aramini is giving of himself to help others in the best of the 4-H tradition,” says Garland. “We look forward to having Gary tell his story of the trip to 4-H members and families once he’s home.” □

Lynn B. Garland
County Extension Agent, 4-H
University of New Hampshire



Gary Aramini begins his gallant San Francisco to New Hampshire cross-country run to raise money for cancer research.



Cooperative Gardening Project

In a cooperative project involving Extension at the University of California, Orange County, and GLAD Wrap and Bags, 22 families are growing their own vegetables on a single piece of land.

Orange County is providing the water and the land adjacent to the Cooperative Extension office in Anaheim. GLAD Wrap and Bags is giving a grant to cover start-up costs for purchase of garden equipment, seeds, and supplies. 4-H is providing a volunteer and staff to coordinate development of the garden. “Of the 22 families planting gardens,” says Dorothy A. Wenck, director of CE for Orange County, “all but one are enrolled in the Expanded Nutrition Education Program (EFNEP) for youths and adults.

“The purpose of this Extension program is to help low income families,” she says, “particularly those with young children, improve their diets, understand nutrition, prepare and preserve food safely and grow their own food.”

Terry Daubert, a horticulture student at Fullerton College, is the 4-H volunteer coordinator of the garden project aided by EFNEP 4-H staff members.

“Typical of 4-H projects, which are family oriented,” notes Wenck, “the gardeners include fathers, mothers, children, and even grandparents.” □

Forrest D. Cress
Extension Communications Specialist
University of California, Riverside

CORRECTION: The name of Tal C. DuVall, Director, Cooperative Extension Service, The University of Georgia, was misspelled in the article, “Computerizing The Peach State” in the Spring 1984 issue of *Extension Review*.

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